Even when I understand the teaching, my mind is still occupied.

"For a long time, sir, I have understood your teaching like this: 'Greed, hate, and delusion are corruptions of the mind.' Despite understanding this, sometimes my mind is occupied by thoughts of greed, hate, and delusion. I wonder what qualities remain in me that I have such thoughts?"

NotebookLM

The quality that remains is the enjoyment of sensual pleasures.

For if you had given up that quality you would not still be living at home and enjoying sensual pleasures. But because you haven't given up that quality you are still living at home and enjoying sensual pleasures.

Sensual pleasures give little gratification and much suffering and distress.

NotebookLM

The Gratification: The Five Kinds of Sensual Stimulation

Sights known by the eye
Sounds known by the ear
Smells known by the nose
Tastes known by the tongue
Touches known by the body

...which are likable, desirable, agreeable, pleasant, sensual, and arousing.

NotebookLM

The Drawback: A mass of suffering begins with the daily grind.

You must face cold and heat.
Be hurt by the touch of flies,
mosquitoes, wind, sun, and reptiles.
Risk death from hunger and thirst.
Caused by sensual pleasures.

NotebookLM

The pain of fruitless effort.

“Oh, my hard work is wasted. My efforts are fruitless!”

If a gentleman tries hard, strives, and makes an effort, but fails to earn any money, they sorrow and wail and lament, beating their breast and falling into confusion.

NotebookLM

The anxiety of protecting what you've gained.

How can I prevent my wealth from being taken by rulers or bandits, consumed by fire, swept away by flood, or taken by unloved heirs?

"What once was mine is gone."

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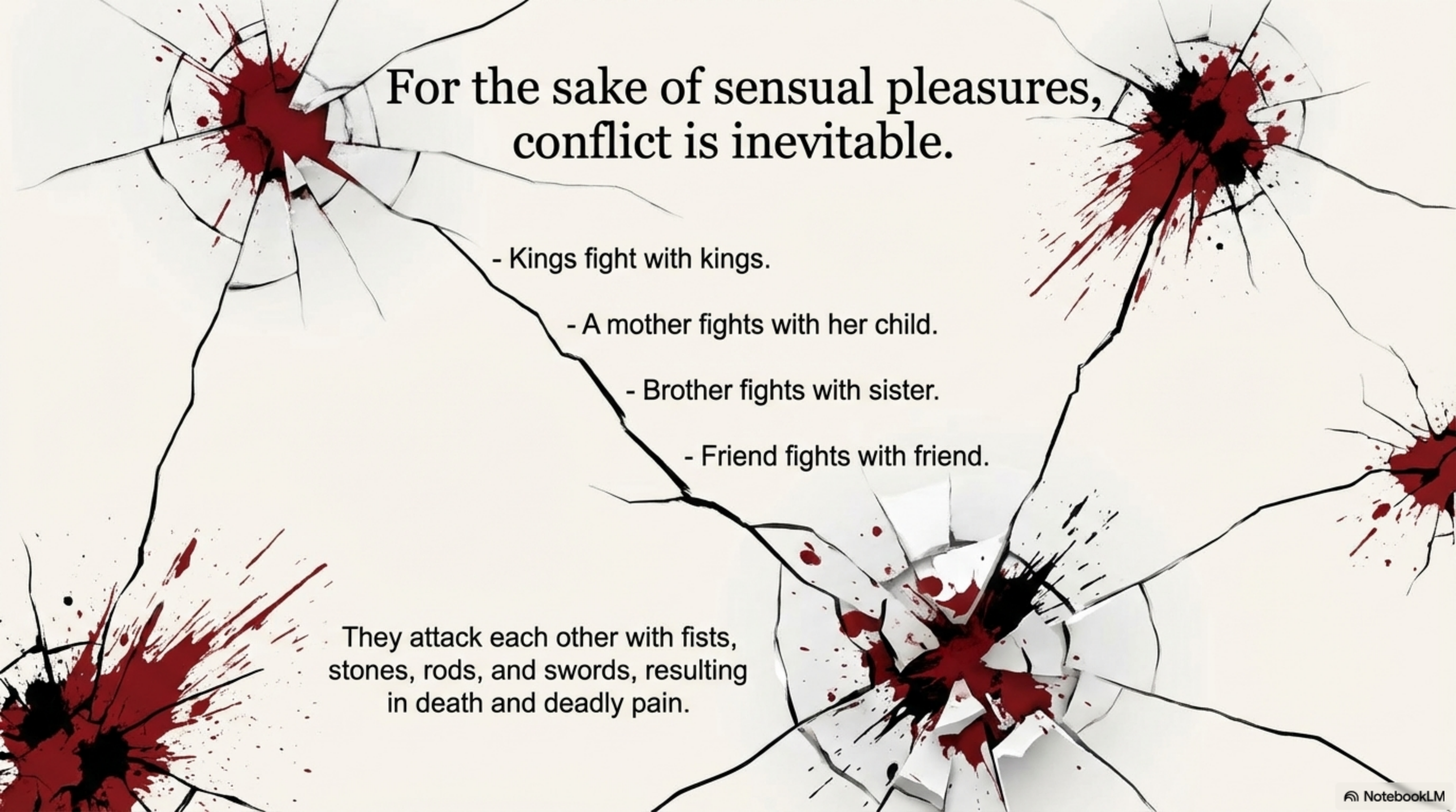

For the sake of sensual pleasures, conflict is inevitable.
- Kings fight with kings.
- A mother fights with her child.
- Brother fights with sister.
- Friend fights with friend.
They attack each other with fists, stones, rods, and swords, resulting in death and deadly pain.

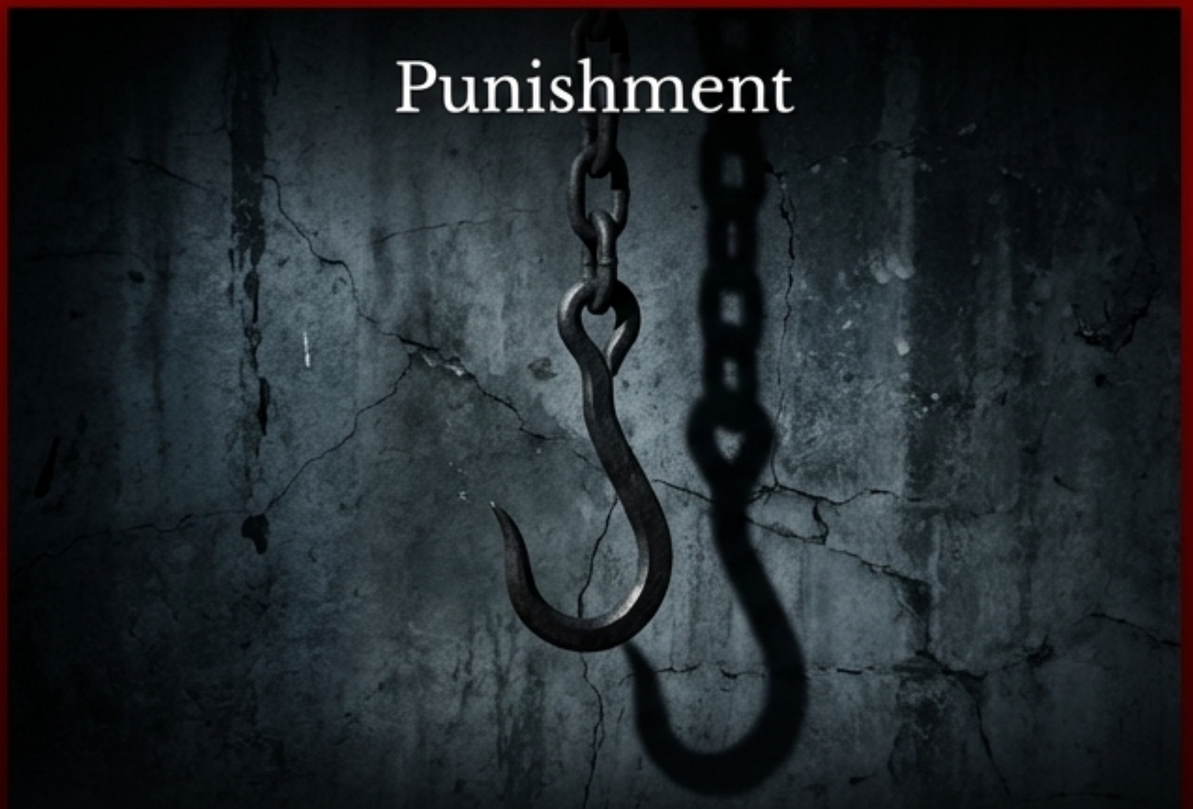
NotebookLM

The ultimate price of desire: war, torture, and death

War

They don their sword and shield… and plunge into a battle… There they are struck with arrows and spears, and their heads are chopped off.

Punishment



They break into houses, plunder wealth… The rulers would arrest them and subject them to punishments… the ‘burning hand,’ …being fed to the hounds, being impaled alive, and being beheaded.

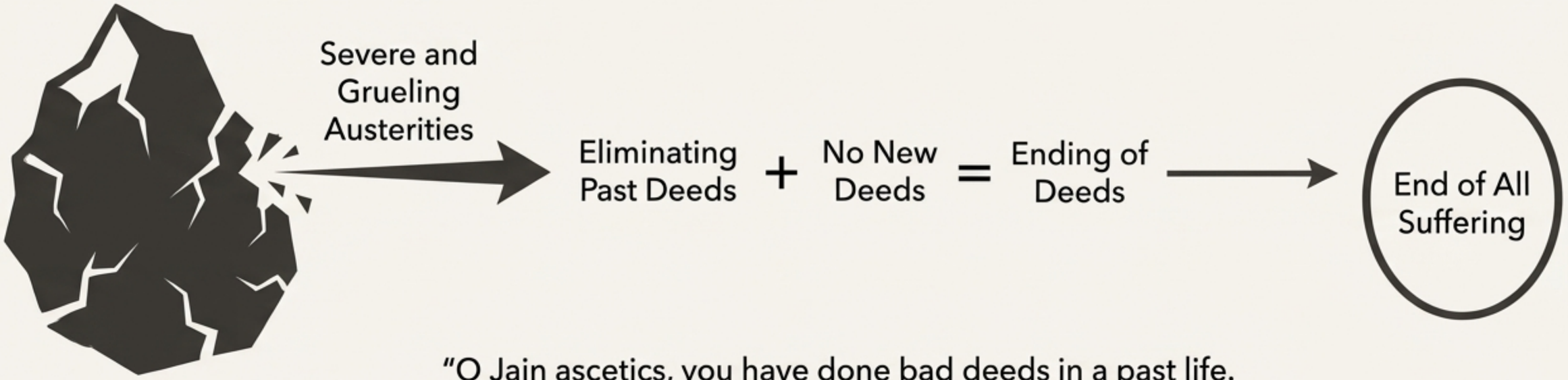
NotebookLM

The Second Path: Can pleasure be gained through pain?

The Scene: Several Jain ascetics on the slopes of Isigili at the Black Rock.
The Practice: They were constantly standing, turning down seats.
The Result: And they felt painful, sharp, severe, acute feelings due to overexertion.

NotebookLM

The Logic of Denial: Wear away past deeds through austerity.



"O Jain ascetics, you have done bad deeds in a past life.
Wear them away with these severe and grueling austerities."

Due to eliminating past deeds by fervent mortification, and not doing any new deeds… deeds end. With the ending of deeds, suffering ends. With the ending of suffering, feeling ends. And with the ending of feeling, all suffering will have been worn away."

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A foundation built on not knowing.

Buddha: “Do you know for sure that you existed in the past?”

Jains: “No we don’t, reverend.”

Buddha: “Do you know for sure that you did bad deeds in the past?”

Jains: “No we don’t, reverend.”

Buddha: “Do you know that so much suffering has already been worn away?”

Jains: “No we don’t, reverend.”

Buddha: “Do you know about giving up unskillful qualities and embracing skillful ones in **this** very life?”

Jains: “No we don’t, reverend.”

NotebookLM

There is a rapture and bliss apart from sensual pleasures.

So long as I didn't achieve the rapture and bliss that are apart from sensual pleasures… I didn't announce that I would not return to sensual pleasures.

But when I did achieve that rapture and bliss… I announced that I would not return.

NotebookLM

The Final Challenge: Who lives in greater pleasure?

Pleasure is not gained through pleasure; pleasure is gained through pain. For if pleasure were to be gained through pleasure, King Seniya Bimbisāra of Magadha would gain pleasure, since he lives in greater pleasure than Venerable Gotama.

Now we ask Venerable Gotama:
Who lives in greater pleasure,
King Bimbisāra or Venerable Gotama?

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The King’s pleasure is limited by movement and speech.

The King’s pleasure is limited by movement and speech.

Is King Bimbisāra capable of experiencing perfect happiness for seven days and nights without moving his body or speaking?

For seven days? **No he is not.**

For six days? **No he is not.**

...

For one day and night? **No he is not.**

NotebookLM

A pleasure that is boundless and unwavering.

But I am capable
of experiencing
perfect happiness
for one day and night...

for two days...
for three days...
for four...
five...
six...
for seven days and nights.

This being so, Venerable Gotama lives in
greater pleasure than King Bimbisāra.

NotebookLM